

#4. Clinical and Counseling Psychology: Similarities

- Acceptance rates similar (about 8%, but deceptive)
- Average GPA identical 3.5
GREs: Very similar (just over 1200 on average)
- Identical salaries
- Same license
- Similar Training and Common Curriculum
- Similar Workplaces are small
 - 40% private practice
 - 20% colleges and universities
 - 10% medical schools
 - 5% hospitals
 - 5% CMHC



Clinical vs. Counseling Psychology: Differences

- **#1 SIZE**

- Approximately 200 APA-approved clinical programs
- less than 100 APA-approved counseling programs
- clinical graduates about 2,000 doctorates/yr;
counseling graduates about 600
- Both are vibrant, growing fields
 - in terms of the number of Ph.D.s being produced, clinical has increased three-fold over 30-year period (1964-1994), and counseling has increased 10-fold
- Clinical is about 3 to 4 times the size of counseling as a specialty

Clinical and Counseling Psychology: Differences

■ #2 Training Models (Ph.D. vs. Psy D.)

Clinical has a much broader range of training models, ranging from almost exclusively clinical science programs through almost exclusively practitioner programs (Psy.D.)

- Regarding Clinical Science, it has over 40 programs that are members of the Academy of Clinical Science
- -Regarding practice, virtually ALL Psy.D. programs are in clinical psychology, not in counseling psychology.
 - Vail model programs tend to enroll many more students than Ph.D. programs (3 to 4 times as many) and, for that reason, account for roughly 1/3 to 1/2 of the doctorates in clinical psychology
- Virtually all counseling psychology programs are “scientist-practitioner” programs (e.g. Model Training Program)

Clinical and Counseling Psychology

■ #3 Theoretical Differences

Clinical is more oriented towards the medical model, diagnosis, disease, disorder, and dysfunction, and treatment, recovery, rehabilitation and severe psychopathology-

- Counseling is more humanistic and pluralist, and oriented towards growth, development, adjustment, function and strengths-

Neimeyer & Diamond (2001): three primary commitments: life-span development, diversity, adjustment and preventative mental health

Clinical and Counseling Psychology

■ #4 Workplace Differences

(Norcross et al., 1997 and Watkins et al., 1986)

- therapy 37% vs 28%
- diagnosis and assessment 15% vs 12%
- teaching 50% vs 60%
- supervision 7% vs 6%
- research 10% vs. 8%
- consultation 7% vs. 7%
- workplace differences are quite small and occur only in delimited contexts

Differences Between Clinical and Counseling Psychology

(Cassin, et al., 2007)

■ **Training Model**

Scientist-Practitioner: clinical = 55%, counseling = 82%
Practitioner-Scholar: clinical 32% . Counseling 10%

■ **Theoretical Orientation**

Cognitive-Behavioral (clinical 69% > counseling 58%)
Behavioral (clinical 22% > counseling 10%)
Biological (clinical 10% > counseling 3%)
Interpersonal (counseling 42% > clinical 27%)
Humanistic (counseling 42% . Clinical 27%)

■ **Workplace Differences**

Hospitals (clinical 89% > counseling 78%)
Private practice (clinical 64% > counseling 57%)
Academia (counseling 58% > clinical 48%)

Clinical vs. Counseling Quiz

- Course in existential psychology?
- Course in career counseling
- Course in life span development and adjustment
- Course in neuropsychological assessment
- Course in assessment of mental status/competence
- Training in family systems theory and therapy
- Training in psychopharmacology
- Want a job in a VAMC
- Want a job in a university counseling center
- True or False: both clinical and counseling psychologists have the same license and both can be APA approved programs